



## PLANNING FOR IMPROVED CYCLING PERFORMANCE

Brian Peto 19<sup>th</sup> October 2006 – Handout sheet

‘RACE YOUR STRENGTHS - TRAIN YOUR WEAKNESSES’

### **1 INTRODUCTION**

- Discussing the main issues required to develop a realistic training plan designed to meet individual needs:
  - Identifying strengths and areas for development
  - Setting goals
  - Targeting key events
  - Developing SMART objectives
  - Establishing current baselines
  - Informing a personal training plan

### **2 IDENTIFYING STRENGTHS AND AREAS FOR DEVELOPMENT**

- Review last season honestly and objectively...
- Did you have a plan of action?
- Did you have any aims or objectives? Did you achieve them?
- What aspects of your performance were you pleased/disappointed with?
- What do you perceive were your strengths and areas needing development?
- What do you want to achieve next year and what do you need to do?



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### 3 IDENTIFYING STRENGTHS AND AREAS FOR DEVELOPMENT

Do you need to improve your...

- **Endurance** – basic endurance is fundamental to all cycling disciplines.
  - Typically long steady distance rides at conversation pace.
  - Carried out in line with event requirements and individual needs.
  - Developed early season and maintained throughout.
- **Power** – the most important measure in quantifying an individual’s ability.
  - Measured in watts.
  - Determines how fast the rider will go.
- **Speed** – Ability to pedal quickly.
  - Combined with power to develop sprinting ability.
- **Speed Endurance** – Combination of Speed and Endurance
  - The aerobic capacity to maintain speed for an extended time.
- **Climbing Ability**– Linked to power to weight ratio<sup>1</sup>
  - Improvement requires increased strength, less weight or combination of both.
- **Specificity** – Focus on training related to the type of event/s selected.
- **Recovery** – Use hard/easy principles with any recovery rides ‘guilt producingly slow’.

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<sup>1</sup> Power to Weight Ratio = maximum power over the cube root of weight squared - World Class Performance Programme (WCPP) in ABCC Coaching Module 1 p21.



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### 4 SETTING GOALS AND TARGETING KEY EVENTS

Why set goals?

- Goals provide: Focus – Direction - Motivation – Better performance
- Identify and prioritise event/s you wish to target...
- Priority A = Most important      Priority B = Important  
Priority C = Fairly Important      Priority D = Not important
- Develop **SMART** personal objectives within your gift...
  - ✓ **S**pecific –      What is going to be achieved?
  - ✓ **M**easurable –      How is it to be measured?
  - ✓ **A**adjustable –      What if? (This is not a get out!)
  - ✓ **R**ealistic –      Is it within your ability?
  - ✓ **T**ime based –      By when the objective will be achieved?

### 5 ESTABLISHING BASELINES

Why establish baselines?

- To provide a benchmark from which progress can be monitored and measured for example:
  - Best time trial times/race or other performances in the last season.
  - Undertake a sub-maximal test to measure distance travelled, time or average heart rate over a fixed test repeated every 6-8 weeks.
  - Establish power output and heart rate over fixed distance/time.
  - Monitor weight and resting pulse



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### 6 INFORMING A PERSONAL TRAINING PLAN

Developing the training plan:

- Current status – build on strengths and address areas for development
- Personal goals – SMART objectives for prioritised events
- Milestones to monitor progress
- Identify time available for type of training required and recovery
- Build progression through overload, recovery and overcompensation
- Establish baselines and monitor progress every 6-8 weeks
- Periodisation of training (dependent upon discipline) – Year – Month - Week:
  - Transition or recovery period    4 weeks    Oct – Nov
    - Relaxation and recovery - Social season
  - Basic preparation period        12 weeks    Nov – Feb
    - High volume/Low intensity – long steady distance relative to goals
  - Pre-season period                6 weeks    Feb – Mar
    - Reduced volume/increased intensity – interval work
  - Early season period              12 weeks    Mar – May
    - Increasing intensity through early competition or intervals
  - Main competition period        18 weeks    May – Sept
    - Taper for selected events - maintain basic endurance